

## 6-Ingredient Pumpkin Ice Cream Sandwiches (Serves 11)

### Ingredients

- 2 Cup Sliced Frozen Bananas
- 1 Cup Canned Pumpkin  
(NOT pumpkin pie mix)
- 2 Teaspoon Vanilla Extract
- 2 Teaspoon Cinnamon **OR**  
Pumpkin Pie Spice
- 1 Tablespoon Honey
- 11 Sheets of Graham Crackers

\*\*\*Can also add nutmeg if desired



Photo from: <http://eating-made-easy.com/pumpkin-graham-ice-cream-sandwiches/>

### Instructions

1. Slice bananas into discs. Place in a freezer bag. Freeze for 2 hours or until frozen.
2. Place banana slices and pumpkin in a food processor or blender and blend until creamy.
3. Add extract, cinnamon, and honey and blend until incorporated.
4. Line an 8 x 8 dish with parchment paper.
5. Spread mixture into the pan in an even layer. Freeze.
6. Cut mixture into squares (use a graham cracker as a pattern).
7. Assemble ice cream sandwiches.
8. Wrap in plastic wrap and place in a freezer bag to store.

### **Nutrition Information: Per serving**

105 calories  
2 g protein  
20 g carbohydrate  
2 g fat  
0 g saturated fat

Recipe is a combination of:

<http://makethebestofeverything.com/2014/09/healthy-pumpkin-soft-serve.html>

<http://divascancook.com/healthy-ice-cream-sandwiches-recipe-strawberry-banana/>